

Statistics Report 83110, Fish, mackerel, salted

Report Date: June 26, 2017 18:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	43.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Energy	kcal	305	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Energy	kJ	1276	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Protein	g	18.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Total lipid (fat)	g	25.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Ash	g	13.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Iron, Fe	mg	1.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Magnesium, Mg	mg	60	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Phosphorus, P	mg	254	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Potassium, K	mg	520	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Sodium, Na	mg	4450	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Zinc, Zn	mg	1.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Copper, Cu	mg	0.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Selenium, Se	µg	73.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Thiamin	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Riboflavin	mg	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Niacin	mg	3.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6	mg	0.410	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Folate, total	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Folate, food	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Folate, DFE	µg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	101.6	--	--	--	--	--	--	--	--	Calculated or imputed	15046	03/2009
Vitamin B-12	µg	12.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	µg	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	157	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	2.38	--	--	--	--	--	--	--	--	Calculated or imputed	15046	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	25.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	25.2	--	--	--	--	--	--	--	--	Calculated or imputed	15046	03/2009
Vitamin D	IU	1006	--	--	--	--	--	--	--	--	Calculated or imputed	15046	03/2009
Vitamin K (phylloquinone)	µg	7.8	--	--	--	--	--	--	--	--	Calculated or imputed	15046	02/2003
Lipids													
Fatty acids, total saturated	g	7.148	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
12:0	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
14:0	g	1.082	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
16:0	g	4.418	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
18:0	g	1.403	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Fatty acids, total monounsaturated	g	8.320	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
16:1 undifferentiated	g	1.495	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
18:1 undifferentiated	g	4.224	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
20:1	g	1.034	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
22:1 undifferentiated	g	1.543	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	6.210	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
18:2 undifferentiated	g	0.369	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
18:3 undifferentiated	g	0.159	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
18:4	g	0.398	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
20:4 undifferentiated	g	0.258	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
20:5 n-3 (EPA)	g	1.619	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
22:5 n-3 (DPA)	g	0.391	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
22:6 n-3 (DHA)	g	2.965	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Cholesterol	mg	95	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Amino Acids													
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003